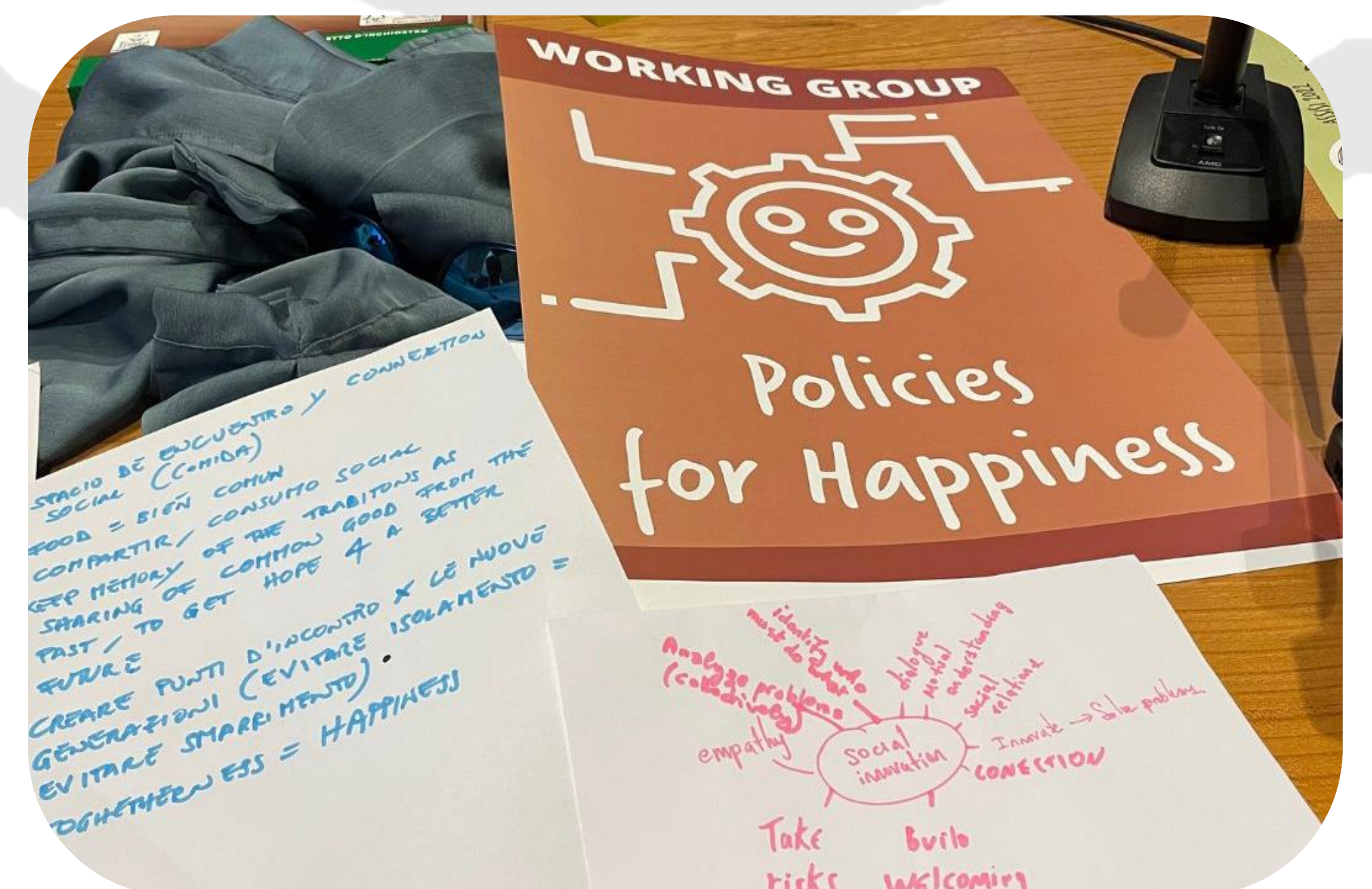


# Penguin Model for Happiness in Flourishing Cities

Declining rates of lasting happiness can be seen in modern metropolises around the world, with increasing number of people self-reporting feelings of loneliness, anxiety and depression. The way in which modern cities are designed have created a built environment that **compromises human flourishing**.

Penguins build sustainable colonies, and not only survive, but thrive in the most inhospitable and challenging environments. If a goal of society is to **maximize happiness** for everyone, those responsible for economic policy should prefer the path of **integral human development** and **integral ecology**, rather than the pursuit of short-term economic growth, which leads to negative social and economic consequences. Through **biomimicry** of the sustainable colony building behaviour of penguins, we can reimagine cities as places which promote human flourishing and planetary health.

Inspired by the way in which penguins build sustainable colonies, we can **re-design our cities to create environments that promote** rather than constrain human flourishing. This can be by promoting **small-to-medium-sized cities** instead of megacities; or **by ensuring essential services and spaces are made available in local neighbourhoods**, to help people find meaning in their everyday lives, enable people to **connect with one another**, and to live sustainably and in harmony with our common home.



## Policies for Happiness